

ABSTRACT

Objective: The intended research work aims at assessing the impact of ‘Sheetali Pranayama’ in the improvement of short term heart rate variability (HRV) and cardiovascular parameters like blood pressure and pulse rate. Many studies reported that the practice of yoga, especially ‘pranayama’ influences HRV. The current study was conducted to determine the positive effect of practicing ‘Sheetali Pranayama’ for improving HRV by systematic reviewing, followed by monitoring cardiovascular parameters.

Study Design: The current research work employed prospective intervention study.

Method: 30 healthy volunteers belonging within the age group of 18-35 participated in the study. The study participants were given one week training on Sheetali Pranayama. The study participants were instructed to practice Sheetali Pranyama for 20 minutes on a daily basis for 4 weeks. The HRV and cardiovascular parameters (blood pressure and pulse rate) of participants were monitored on a weekly basis.

Result: The study showed significant improvement in the Heart Rate Variability values of the study participants. The cardiovascular parameters observed to be significantly improved, each week with the practice of Sheetali Pranayama, by the study participants.

Conclusion: The practice of Sheetali Pranayama facilitates in improving the short term HRV and strengthening the cardiovascular system.

Keywords: Heart Rate Variability, Blood pressure, Pulse rate, Sheetali Pranayama.